



FITNESS DAY PLANNER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cycle Spin	5:15	45	S3	Chrsty	\$19	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Early AM Workout	6:15	60	IP	Liz		🏊
Intro to Water Fitness	8:05	45	SCP	Andrea		🏊 18+
Senior Strive Circuit	8:30	30	CT	Staff		50+
Stretch, Tone, & Balance	9:00	30	LLS	Staff		
Aquasize	9:05	50	SCP	Andrea	\$15	🏊 50+
Cycle Spin	9:15	45	S3	Theo	\$19	
Muscle Max	9:15	50	S2	Elizab		
Cross Training	9:30	50	S1	Kendal		
Get Bendy Stretching	9:45	30	CT	Staff		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Liquid Cardio	10:15	60	CP	Laura		🏊
Senior Sit-N-Tone	10:30	30	S1	Kendal		50+
Zumba Basics	11:15	45	S2	Anita		
Community Arthritis Aquatics	12:00	45	SCP	Jane	\$10	🏊
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		

Afternoon	Start	⌚	Room	Led by	\$	
Youth Body Conditioning	5:00	60	CT	Robin		7+
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Circuit Training Express	5:00	120	CT	Robin		7+
Pound® Fit	5:30	45	SS	Karen	\$19	
Strong Core & Body	5:30	45	S2	Mo		
INSANITY LIVE	5:45	30	S1	Tim		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Aqua Combo	6:15	60	SCP	Amy		🏊 50+
Cycle Spin	6:30	45	S3	Mo	\$19	
Hi/Lo Aerobics	6:30	50	S1	Gloria		
Yoga Mixed Levels	6:30	75	SS	Karen	\$19	
Muscle Max	7:00	50	S2	Anna		
30m Quick Fit	7:30	30	CT	Gloria		
Rocking the Waves	7:30	45	FAC	Amy		🏊
Zumba	8:00	60	S2	Terrie		

Tuesday

Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cardio Core	5:15	45	S2	Mo		
Early AM Boot Camp	6:00	50	S1	Monica		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Intro To Water Fitness	8:05	45	SCP	Tracy		🏊 18+
Aquasize	9:05	50	SCP	Tracy	\$15	🏊 50+
Yin Yoga	9:15	60	SS	ChristyM	\$19	
Cycle Spin	9:15	45	S3	Shanon	\$19	
Cardio Kick Boot Camp	9:15	50	S1	Jamie		
Muscle Max	9:15	50	S2	Destin		
Zumba	9:15	60	LLS	Bea		
Total Body Conditioning	9:15	60	CT	Bill		
Ai Chi	10:00	30	SCP	Tracy	\$15	🏊 50+
Liquid Cardio	10:15	60	CP	Karla		🏊
Power Core On Ball	10:30	45	S2	Connie		
Barre / TRX	10:30	60	S1	Karen	\$19	
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$10	🏊
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		

Afternoon	Start	⌚	Room	Led by	\$	
Zumba	4:45	60	S2	Steph		
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cycle Spin	6:00	45	S3	Rich	\$19	
Cardio Kick Boot Camp	6:00	50	S1	Karen		
Shape With Weights & Cardio	6:00	50	S2	Gloria		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
H2O Dance Party	6:20	45	FAC	Katie	\$15	🏊
Circuit Training Express	6:30	60	CT	Anna		7+
Abs & Glutes	7:00	30	S1	Karen		
Pilates Mix	7:00	60	SS	Katie	\$19	
Zumba	7:00	60	S2	Terrie		
Water Barre Workout	7:15	45	SCP	Laura	\$15	🏊 18+

Wednesday

Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cycle Spin	5:15	45	S3	Chrsty	\$19	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Early Morning Workout	6:15	60	IP	Liz		🏊
Intro To Water Fitness	8:05	45	SCP	Sue		🏊 18+
Senior Strive Circuit	8:30	30	CT	Beth		50+
Stretch, Tone, & Balance	9:00	30	LLS	Beth		
Cycle Spin	9:15	45	S3	Bill	\$19	
Aquasize	9:05	50	SCP	Sheri	\$15	🏊 50+
Muscle Max	9:15	50	S2	Elizab		
Cross Training	9:30	50	S1	Kendal		
Get Bendy Stretching	9:45	30	CT	Staff		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Liquid Cardio	10:15	60	CP	Wendy		🏊
Senior Sit-N-Tone	10:30	30	S1	Beth		50+
Gentle Pilates	10:30	60	SS	Connie	\$19	
Zumba Basics	11:15	45	S2	Anita		
Community Arthritis Aquatics	12:00	45	SCP	Wendy	\$10	🏊
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		

Afternoon	Start	⌚	Room	Led by	\$	
Youth Body Conditioning	5:00	60	CT	Robin		7+
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Circuit Training Express	5:00	120	CT	Robin		7+
Strong Core & Body	5:30	45	S2	Mo		
INSANITY LIVE	5:45	30	MIG	Tim		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Aqua Combo	6:15	60	SCP	Jane	\$15	🏊 50+
INSANITY LIVE	6:15	30	MIG	Tim		
Cycle Spin	6:30	45	S3	Mo	\$19	
Hi / Lo Aerobics	6:30	50	LLS	Gloria		
Muscle Max	7:00	50	S2	Anna		
Rocking The Waves	7:30	45	FAC	Penny		🏊

Thursday

Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cycle Spin	5:15	45	S3	Mo	\$19	
Abs & Glutes	5:30	30	S1	Monica		
Early AM Boot Camp	6:00	50	S1	Monica		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Intro To Water Fitness	8:05	45	SCP	Tracy		🏊 18+
Aquasize	9:05	50	SCP	Tracy	\$15	🏊 50+
Yoga Flow	9:15	60	SS	ChristyM	\$19	
Cardio Kick Boot Camp	9:15	50	S1	Jamie		
Muscle Max	9:15	50	S2	Destin		
Zumba	9:15	60	LLS	Bea		
Total Body Conditioning	9:15	60	CT	Bill		
Ai Chi	10:00	30	SCP	Tracy	\$15	🏊 50+
Liquid Cardio	10:15	60	CP	Laura		🏊
Power Core On Ball	10:30	45	S2	Connie		
Barre	10:30	60	SS	Janell	\$19	
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$10	🏊
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		

Afternoon	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cycle Spin	6:00	45	S3	Chrsty	\$19	
Zumba Basics	6:00	45	SS	Lisa		
Cardio Kick Boot Camp	6:00	50	S1	Staff		
Shape With Weights & Cardio	6:00	50	S2	Gloria		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Circuit Training Express	6:30	60	CT	Carrie		7+
Hydro Burn	6:45	60	SCP	Janis	\$15	🏊
Hot Yoga Mixed Levels	7:00	45	S3	Chrsty	\$19	
Zumba	7:00	60	S2	Terrie		
Men's TRX Bootcamp	7:15	45	S1	Wals	\$19	18+

Friday

Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cardio Core	5:15	45	S2	Mo		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Early Morning Workout	6:15	60	IP	Liz		🏊
Intro To Water Fitness	8:05	45	SCP	Andrea		🏊 18+
Senior Strive Circuit	8:30	30	CT	Diana		50+
Stretch, Tone, & Balance	9:00	30	LLS	Kendal		
Aquasize	9:05	50	SCP	Andrea	\$15	🏊 50+
30 Minute Quick Fit	9:15	30	CT	Diana		
Cycle Spin	9:15	45	S3	Theo	\$19	
Gentle Yoga	9:15	60	SS	Deanna	\$19	
Muscle Max	9:15	50	S2	Elizab		
Cross Training	9:30	50	S1	Destiny		
Get Bendy Stretching	9:45	30	CT	Diana		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Liquid Cardio	10:15	60	CP	Pucko		🏊
Senior Sit-N-Tone	10:30	30	S1	Kendal		50+
Barre	10:30	60	SS	Connie	\$19	
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		

Afternoon	Start	⌚	Room	Led by	\$	
Zumba	7:00	60	S2	Terrie		

Saturday

Morning	Start	⌚	Room	Led by	\$	
Cycle Spin	7:45	45	S3	Shannon	\$19	
Strong Core & Body	8:30	45	S2	Mo		
Cross Training	8:30	50	S1	Karen		
CrossFit Workout of the Day	9:00	60	CFS	CrossFit Superfly		
Abs & Glutes	9:30	30	S1	Karen		
Circuit Training Express	9:30	90	CT	Staff		7+
Hi / Lo Aerobics	10:15	50	S2	Gloria		

Sunday

Afternoon	Start	⌚	Room	Led by	\$	
Zumba Toning	1:15	30	S2	Terrie		
Zumba	2:00	60	S2	Terrie		

Flex Cards

To take a Specialty Fitness Class, members can either sign up for a five week session of classes or purchase a Flex Card. A Flex Card lets you take Specialty Fitness Classes without registering: just show up and have the instructor punch your card.

5 Punch Card: \$20
20 Punch Card: \$74
10 Punch Water Fitness Card: \$35

Key

CFS CrossFit Studio located across the street
CT Circuit Training Room
LLS Lower Level Studio
MIG Mini Gym
S1 Studio 1
S2 Studio 2 Near the new North Entry
S3 Studio 3 Near the new North Entry
SS Spirit Studio Above the Physical Desk, near the track.

CP Competition Pool
IP Instructional Pool
SCP Stolle Pool
FAC Family Aquatic Center

All classes are for ages 13+ unless otherwise noted.

Specialty class; fee applies

🏊 Water Fitness class

##+ Class is for ages shown

Search, register, and pay for classes online

www.countrysideymca.org

